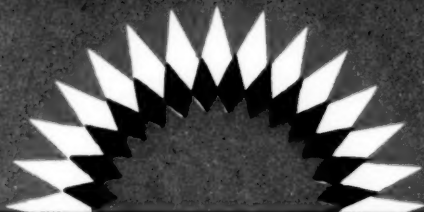


UNITY DAILY WORD



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"Gaining a Sense of Freedom."

JULY, 1931

A PAGE OF INSPIRATION FOR EACH DAY

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

June 20 to July 19

The wisdom and understanding of God, implanted in me from the beginning, are now quickened in my consciousness by the word of Truth.

The "image" and "likeness" of God, implanted in me from the beginning, is now quickened in my consciousness, and I am restored to spiritual mastery and to bodily health.

My spiritual consciousness is aroused, and my finances flourish, because I have faith in God as my supply and my support.

Single copies of *Unity Daily Word* may be obtained at news stands, at 15 cents. Subscription, \$1.50 a year.

Unity School of Christianity also publishes *Christian Business*, *Youth*, *Wee Wisdom*, *Unity*, and *Weekly Unity*. Each subscription \$1.50 a year. One other publication, *Unity Sunday School Leaflet*, is \$1 a year.

Requests for the ministrations of Silent Unity and love offerings for prayers for health and prosperity should be addressed to the Unity School of Christianity, Silent Unity Department.

Subscriptions, renewals, requests for prosperity banks, changes of address, book orders, or checks and money orders for publications should be sent to Unity School of Christianity, Publishing Department.

Entered as second-class matter June 13, 1924, at the post office at Kansas City, Missouri, under the act of March 3, 1879. Accepted for mailing at the special rate of postage provided for in section 1103, act of October 3, 1917, authorized June 13, 1924.



UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

OUR SEVENTH ANNIVERSARY

On July 1, 1924, just seven years ago, *Unity Daily Word* made its appearance. Our readers have been very generous in expressing their appreciation of this little magazine, and we thank you, one and all. One of the best ways to help us and to help *Unity Daily Word* to grow is to introduce it to your friends. Some of our readers send a subscription to a friend every month. If, on this occasion, each reader would send a subscription to one friend, our list would be doubled at once. We thank you and bless you!

THEOLOGY FOR JUNE

Once on a laughing afternoon
I took a journey into June,
Intending thus in peace to flee
The sadness of theology,
Escaping priests and pedagogues
For fellowship with ferns and frogs.
But all the summer way I went
Was mullioned with astonishment,
For every creature in the wood
Sang beauty's odd beatitude,
And nowhere could I flee the press
Of proselyting loveliness.
The bullfrog by the reedy creek
Recited rich bombastic Greek.
When crows sententious cried "amen"
Religion took the restive wren;
The mocking bird's hysteric tone
Confessed all sins except her own.
Revival swept the fields by storm
From nervous mouse to sudden worm.
The chipmunk scampered down a crack
With open Scripture on his back;
And everywhere earth's gospel stirred
The head of flower, the heart of bird.
While ants went singing in their mirth
The hallelujahs of the earth,
I saw behind a dandelion
An ant hill was the Hill of Zion!
Then I concluded that our God
Dwells not in heaven but in sod;
And mirth is learning's better half:
They worship best who learn to laugh.
—Ernest Hartsock; *New York Times*.

GAINING A SENSE OF FREEDOM

WE GO THROUGH life with one dominating desire, which we experience consciously and subconsciously: the desire for freedom. Because it seems so elusive in its fulfillment, we are often inclined to think of perfect freedom as coming to us in some future time. Possibly the idea of heaven as some future and distant state of freedom prevails because freedom often eludes us in our human relationships.

In gaining a sense of freedom several steps are necessary: We must recognize the possibility of our gaining our freedom here and now. We must know that freedom takes place primarily as a mental process. We must set about dislodging from mind all thoughts and beliefs that interfere with freedom and replace them with the consciousness of freedom. Viewed in themselves, these steps do not appear to be difficult ones. In taking them, however, we are often inclined to make concessions to race beliefs and, thereby, we hinder the good work.

There is no valid excuse for our not enjoying perfect freedom here and now. Surely, if we were to be given a foretaste of heaven, no gift could compare with that of freedom—freedom from inharmony, tension, ignorance, hate, fear, disease, lack, failure, and death! Does it not seem as if freedom had within it all that we can desire? Is not our desire for it but an innate prompting to enjoy something that is even now almost within our grasp?

The sense of bondage is primarily mental.

If the individual did not know that he was in bondage, he would be free. If he did not know that he was afraid, he would be free from fear. If bondage and fear were not in his mind, his fear-knowing process would have no place. In the same way the process of "unknowing" becomes one of liberating ourselves from the thought that holds us in bondage and giving ourselves a sense of freedom.

Some children are afraid of the dark. If fear were not planted in their mind as some sort of discipline, the dark would hold no fear or terror for them. Since the thought of fear produces fear, then the thought of truth and freedom must neutralize fear. Since the thought of hate places one in bondage to hate, then freedom from hate must come through freedom from the hate thought. Again let us remark that gaining this sense of freedom is entirely mental.

We recall having once seen a name for Jesus in some foreign writings that, translated, means "the Freedom Giver." Our own much used term, Savior, carries exactly the same thought when rightly understood. Jesus came to save men from bondage to sin, fear, disease, and lack. His mission was to help them to gain a sense of freedom. He knew that He had to release them from bondage by having them "unknow" bondage to adverse thoughts and know the truth about freedom. He knew that when He succeeded in planting the truth of freedom in their mind they would be free. Most conspicuous

among His sayings is this: "Ye shall know the truth, and the truth shall make you free."

Can we question our ability to render ourselves free from bondage through reversing our thought? Can we think of freedom as coming to us in any way except through change of thought? Can we doubt that freedom is the gift of Christ? Certainly His teaching is unmistakable, and the experience of those who have taken Him at His word attests to the demonstrability of His philosophy.

One of the difficult steps to be taken is that of rising out of the belief that mankind is placed in some sort of inescapable bondage for some divine purpose. Surely we do not grow more Godlike through bondage to sin, evil, and disease. Surely Godlikeness is found in the escape from this horde of adversities. Another difficult step that some experience is their advancing ahead of their fellows in this matter of freedom. How easy it is for a person to argue against this doctrine of freedom by thinking that he must be loyal to his fellows! Many a person rejects Truth because his friends and neighbors do not catch its truth.

Each one seems to have his little pet belief, which binds him to some adverse condition. But for some of these little fears, hates, and evils, we should be a race expressing divine goodness, freedom, Truth, and love. What a heavy, black cloud would be lifted from the earth at this moment if each one would yield his pet limitation! How the sun would dawn on broadened

mental horizons if freedom replaced bondage—freedom from sin, evil, and disease; freedom in mind and in soul.

The teaching of Jesus applied to the needs of today may be interpreted in this way: John Doe, if you will release from your mind the belief that you are entertaining about failure and know the truth about success, you will be successful. Mrs. John Doe, if you will relieve your mind of the thought that your liver is functioning poorly and know the truth about your perfect health, you will be healthy. "Ye shall know the truth, and the truth shall make you free."

If Jesus realized the importance of giving us our freedom from adverse belief, then we are not loyal to Him unless we learn, know, and realize the Truth that sets us free. We show our loyalty as Christians when we gain our freedom and prove the Truth of Christ. In this teaching of His we have the means of lifting ourselves and the race out of the limitations and bondage of negative beliefs.

The freedom that you now sense as possible for you is yours when you are ready to take the steps to it. When you are willing to give up your sense of bondage for freedom, when you are ready to exchange bondage to adverse beliefs for freedom in Truth, you will be free. Free your mind of the thoughts that have enslaved you. Express in mind, soul, and body that perfect freedom which is now yours to enjoy as a Son of God.

BECAUSE YOUR THOUGHT TO GOD WAS TURNED

Today God sent to you a friend—
He came your cause to help defend;
Today some trouble came to end,
Because your thought to God was turned.

You cared not what the road, or way
That things worked out for you today;
Your thought from heaven did not stray;
Because your thought to God was turned.

Today, when nothing seemed so wrong,
You found you seemed for God to long;
You heard within your heart a song,
Because your thought to God was turned.

Today the sky to you looked blue;
You sought and found the good and true;
You turned and found the Christ in you,
Because your thought to God was turned.

You found the wrong replaced by right;
Your world appeared to be more bright;
You found within you His bright light,
Because your thought to God was turned.

You turned away from evil, sin;
You found your God, the Great Within;
You knew that you could conquer, win,
Because your thought to God was turned.

THE SUN-KISSED HEIGHTS



WHAT A THOUGHT she conveyed to me when she said, "Somehow, I always have the desire to live on a mountain peak"! With those words came to my mind the picture of myself sitting at ease on a high mountain, catching the first shafts of light at daybreak, feeling myself high above the shadows of the valley, vision turned upward, just a little closer to God. How humanity longs for the sun-kissed heights, sunny and bright, yet cool and peaceful!

If you cannot go to the mountains at present, then you must bring them to you. You can ascend to their heights right where you are and enjoy them, just as if you had physical mountains to ascend. If home duties or office obligations keep you from taking a vacation at present, you will need to take one right where you are. Who knows but that the big vacation that you have longed for will appear when you have first had your vacation in the higher realms of mind!

A vacation usually means to us that we have a season of relaxation, freedom from the worry and cares of the workaday world, release from the monotony of detail and routine. Many a person returns from a long vacation without having experienced the relaxation and freedom that he sought. So in our vacation to "the sun-kissed heights" of mind and soul we know that we shall receive both relaxation in mind and freedom from worry.

Promise yourself today thirty-one days of

relaxation and freedom, regardless of who you may be or where you may be. Refuse to live in the valley of tension and worry. Ascend to the sun-kissed heights. There you will find quiet, peace, sunshine. There you will be kissed by the cooling breezes of heaven. Thus you can satisfy the desire to be on the mountain peaks.

If you are depressed by worry and care, leave the shadows of the valley. Take a mental excursion to the heights. Viewing the affairs of your life from a distance, from the heights, you will see all things in a new light. You will feel superior to the events of your world. You will feel that you are master of them. When you return from your vacation you will be refreshed and strengthened.

When one returns from a vacation, friends and relatives are viewed in a new light. The little break in associations seems to free us from the memory of personal shortcomings. So when we practice going to our sun-kissed heights we must come back knowing that those about us are freed from any unhappy thoughts that we have had about them. We are to see them in a new light. Do you begin to grasp the benefits of this new kind of vacation?

Is your home life irksome to you today? Take a vacation. Right at this instant go to your sun-kissed heights. Realize your freedom from care. Relax on the heights. Live on the mountain peak that you have idealized.

HYMN FOR A HOUSEHOLD



ORD CHRIST, beneath Thy starry dome
We light this flickering lamp of home,
And where bewildering shadows throng

Uplift our prayer and evensong.

Dost Thou, with heaven in Thy ken,

Seek still a dwelling place with men,

Wandering the world in ceaseless quest?

O Man of Nazareth, be our guest!

Lord Christ, the bird his nest has found,

The fox is sheltered in his ground,

But dost Thou still this dark earth tread

And have no place to lay Thy head?

Shepherd of mortals, here behold

A little flock, a wayside fold,

That 'wait Thy presence to be blest—

O Man of Nazareth, be our guest!

—*Daniel Henderson*

(*By permission*)

"SPEAK YE COMFORTABLY"



WE KNOW a man who always makes the other fellow comfortable. Rarely does a word of criticism escape his lips. Seldom does he discuss personal matters. Even when he does he puts into his voice and manner a feeling of kindness, love, peace, and comfort. He is a successful man—successful in business because others are drawn to him instinctively and glad to help him succeed, successful in the living of his life because he has found life good to him, and he is good to others.

How the world needs and would welcome more comfort-bestowing people! In these days, when criticism is free and lavish, what a treat it is to number among our friends those who speak comfortingly, those who are right at hand with a word of cheer when it is needed!

If you are wanting to have many friends, then cultivate the manner of making others feel comfortable in your presence. Do not feel called upon to unmask their little pretenses, if there are some in evidence. Do not try to make another's personal life too bare, too evident. Let him live his own life according to his leading.

Let others be free. Friends will be drawn to you because they can be themselves in your presence, knowing that you understand them, their motives, yet question not their acts. John rested his head upon the breast of Jesus because he knew that Jesus understood.

Do not be too conspicuous or at all ostenta-

tious in your desire to comfort others. Should you do this, you would make them ill at ease. How we love those friends who do little things for us silently or unseen!

If you would be a comfort to others, you must be quick to understand them and be right at hand at the right moment to speak to them the word that will lift them out of the valley of despondency. The comforting person is always one with lots of good judgment. To our willingness to serve must be added a generous quantity of good judgment.

If you would be a comfort to others, always mindful of their happiness, ever ready to cheer them in time of necessity, you must cultivate the ability to keep your own personality out of the picture. You will find that there is a way to be of help to others without having them feel that they are under any obligation to you. To place them in your debt would be to spoil everything.

"Speak ye comfortably." You can enter another's life as his heaven-sent comforter. John calls the Comforter "the Spirit of truth." If you would learn how to speak comfortingly to another, to make him at ease, let the Spirit of truth within you—the Spirit of unselfishness, generosity, thoughtfulness, compassion, and love—work through you and minister to those about you. The world needs you. When night-fall comes, be able to recount some instances of your having made others comfortable during the day.

Reflection

God beheld His
glorious countenance
mirrored in the heart
of man, and smiled
upon the reflection.
Man, in meditating
and reflecting upon
God, sees in Spirit
his own perfect like-
ness to the divine.

WEDNESDAY, JULY 1

I have faith in God in the midst of me as mighty to establish Himself as my supreme good.



OUR LESSON on faith today directs our attention to God, the good, abiding right at the heart of our being. We find our faith quickened and increased, our doubt and unbelief dispelled, as we turn to God. The very thought of faith begins to remove from our mind all wavering, questioning, and uncertainty. Faith links us with something mightier than our own personal efforts: faith in God establishes us in the very power of God.

Have you a problem today? Then, forget for a while that you have it. Think upon the power of God to cause good to be established in your life. Cease to believe that harm can come to you; begin to have faith in the good. Realize that within you is that power which will right every error, adjust every situation, cause good to be established where and when it is needed.

Where is your faith centered? Do you link yourself with that which seems to be against you, or do you establish your faith in God? Remember that God knows neither defeat nor delay. Nothing can prevail against Him. Nothing can stand against you when your faith in Him is complete.

If you will not believe, surely ye shall not be established.—Isa. 7:9.

THURSDAY, JULY 2

I am not governed by any law of disorder, disease, or failure. All my affairs are governed by God, the principle of good.

MANY PERSONS get little enjoyment out of life because they feel that they are hemmed in on every side by laws of limitation. They think that their health is limited by laws of heredity, contagion, and disease. They think of their success and prosperity as limited by certain beliefs that the race has seemed to agree upon as limiting success and prosperity. They need to free themselves from the belief that they are under the government of any law but that of Spirit.

In Spirit there is only one God, one law, one principle of good. When we realize this truth, we are free from the belief in gods many, many laws. Were the great universal Truth of one God, one law, believed and accepted, there would be no need for any laws applying to those who think evil thoughts. We can see that criminal laws were really framed for those who fail to grasp the truth of the law of good. Belief in so-called laws of disease came about because there were those whose thought was directed to disease.

Realize that there is but one cause-and-effect operating in your life, and that that is—God!

We know that the law is spiritual.—Rom. 7:14.

FRIDAY, JULY 3

There is no place in my mind for anxious thoughts. I trust in God.

DO NOT TRY to rid yourself of anxiety just by some sort of a determination that you are not going to worry. You cannot be forever holding anxious thoughts in abeyance through will power. You would soon become about as anxious over this as you would over the matter about which you were worrying.

When your mind is filled with trust, there can be no place for anxiety. You cannot worry and, at the same time, have faith in God. You cannot believe that things and events are bringing a catastrophe in your life and, also, know that God is bringing great good to pass.

If you would be rid of anxious thoughts, do not spend too much time trying to discipline them or denying that you worry. Spend a little more time thinking about the goodness of God, His omnipotence. Know that by trusting in Him you are raised to the consciousness wherein there are no difficulties in life, no problems, no worry. In this consciousness, there is only God, only His good coming into manifestation as great blessings in your life.

The secret of not worrying, then, lies in giving your thought to things of God.

Casting all your anxiety upon him, because he careth for you.—*I Pet. 5:7.*

SATURDAY, JULY 4

I am now free from all mental and physical bondage, because I abide in the realization that Christ in me is free.

DO YOU feel that you are in bondage to external things? Do you seem, in your expression, to be limited by persons and circumstances? If you are seeking freedom today, this lesson has a message for you. It offers you release from bondage, freedom from that which keeps you bound to limitation.

Bondage is primarily mental. The belief in bondage to persons, things, or circumstances keeps men enslaved to limited conditions. Since bondage is mental, then freedom must first take place in the mind. The thought of limitation must give place to the thought of freedom. Physical bondage must be turned into free movement.

Free yourself from the limiting beliefs that you entertain about yourself, and you will find your freedom at hand. You will discover that in Truth you never have been bound or limited. In the higher realms of mind and of Spirit you will find that freedom is your divine birthright.

The Christ Truth sets men free from every form of limiting belief.

For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage.—Gal. 5:1.

SUNDAY, JULY 5

*In Truth my body is the manifestation
of God's idea of bodily perfection.*

DISABUSE your mind of all belief that your body is something carnal or diseased. Cease to think of it as the habitation of germs, weakness, or disease. Do not think of it as material or as under the government of adverse physical law. In Truth your body is holy, since it is God's temple.

Turn out of mind every thought about your body as being under the law of all flesh, as needing to go the way of all flesh, as being under fleshly, physical, or material limitations. In Spirit your body is the habitation of God—peace, life, love, health, and strength. Only by realizing and holding to this high truth can you free your body from the belief that you may have entertained about disease.

If you are to accept this new revelation about your body, you must coöperate by disciplining your thought. You cannot think of your body as a manifestation of God's idea of it and, at the same time, think of it as diseased. You must be true to Truth!

Treat your body as something sacred, and you will find that it will become like your exalted thought about it.

Present your bodies a living sacrifice, holy, acceptable to God.—Rom. 12:1.

MONDAY, JULY 6

I am joyful—full of joy—because the Spirit of joy within me overflows with joy.

WHEN WE gain the right perception of joy we have no difficulty in being joyful. We find that persons and things do not subtract from our joy, neither do they add to it. We find that joy is within us; that it is the activity of indwelling Spirit.

Men let external things affect them, cause them to be depressed, because they have believed that things can do so. They believe in the power of external things until they learn to center themselves in the realm of the great within, the abiding place of the Spirit of joy. When they are centered in Spirit, centered in joy, they are unmoved by the claims of external things.

Are you suffering today from the belief that persons or things are robbing you of joy? Then, free yourself from the belief! Your joy returns when this belief disappears. Remember that you are dealing with the belief, not with persons or things. When you exchange the belief for the consciousness of joy, you realize joy unchangeable, undiminished.

Abiding in God's joy within us, we are assured of joy at all times.

I will greatly rejoice in Jehovah, my soul shall be joyful in my God.—*Isa. 61:10.*

TUESDAY, JULY 7

*The peace of God now fills my heart
and extends to the very circumference
of my world.*



AS WE meditate upon peace, we feel it at the very center of our being. All sense of inharmony and disquiet leaves us. We exchange the belief in inharmonious conditions for the truth of our peace in God. His peace is within us, and we are in Him, abiding in His peace.

When we feel the peace of God within us, we have no relation with those outer conditions which seem to affect or destroy our peace. Turning from the so-called inharmony of the world, we find the peace of God.

Peace is a living presence. It is an actuality to that person who understands the reality of God and knows that God is located within him. Peace—the consciousness of it—is indicative of our oneness with the Father, our union with the powers of heaven, our identification with heavenly calm. The person who has peace of mind has the token of heavenly benediction.

We find peace when we turn from the belief that persons, things, and circumstances can take it from us. We discover peace within us when we understand that nothing in all the world can take from us God who is within us, His presence of peace.

Be at peace among yourselves.—*I Thess. 5:13.*

WEDNESDAY, JULY 8

Established in the life of God, I have abundant life, life sufficient for every physical demand.



ABIDING in the consciousness of God's life, we are freed from all thought of weakness, disease, and death. His life is within us, sufficient for all our physical needs, mighty to cleanse, strengthen, and heal us.

Turn out of your mind all thought of your life as being limited in any wise. Cease to think of your life as something apart from universal life, the life of Infinite Being. There is but one God, one life. Your life is hid in this life: secreted within it so that you cannot be taken away from it.

If you need more physical vitality, rid yourself of all belief in its lack. Realize that, as there is no limit to God's presence and life within you, there can be no limit to your consciousness, realization, awareness, and appreciation of your oneness with Him. Life takes on a new significance when you realize this. You see that you are not living your life with difficulty, but that God in you is expressing Himself as your life. Your life is complete when you let Him manifest Himself through you fully.

In him we live, and move, and have our being.
—Acts. 17:28.

THURSDAY, JULY 9

*Adverse thoughts in my mind now
give way to thoughts of Truth, and I am
one with the mind of Spirit.*

IN THE MIND of God, the consciousness of Truth, repose thoughts of peace, truth, light, love, health, and substance. When we rise out of thoughts of inharmony, adversity, hate, fear, disease, and lack, we enter into the consciousness of Truth.

Let us not think of God or of His mind as apart from us. Divine Mind does not send us thoughts. Its thoughts come to us through our inner consciousness. Our mind when purified of adverse thoughts thinks holy thoughts. We know God solely through our spiritual consciousness, for this is our link with Him, our identification with His mind.

Do not think of yourself as having two minds. You may think many thoughts, but the same mind that thinks error thoughts will think high and noble thoughts of God when dedicated to Him. You have ability to think opposites, to think of the opposite of Truth, but you need not do so. Living in the manifest world, you need to be able to see things from many viewpoints, but you must always keep Truth uppermost in mind.

I of myself with the mind, indeed, serve the law of God.—Rom. 7:25.

FRIDAY, JULY 10


My consciousness of the omnipotence of Christ in me saves me from all adversity. He is my savior.

WE ARE relieved from all concern about adversity when we know that we have within us Him who is mighty to save and deliver us at all times. We need not stand in fear of persons, things, or circumstances. We need not think of anything as too great for His power.

Christ, the Truth, saves us from every adverse situation. He saves us from weakness and disease when we understand and assimilate His message of health. He delivers us from evil when we fortify ourselves with His gospel of Truth. He is our Savior, because through Him our deliverance always comes when we turn to Him and rely upon Him.

Have you always longed for some power of deliverance? Have you instinctively felt that in some way or other you could bring this power to bear upon your own life? You can do so. Just turn to Christ within you. Know that He is mighty to deliver you from confusion, disease, and lack. Realize that He is your Savior—now and at all times. Know that no situation is too difficult for Him.

Look unto me, and be ye saved, all the ends of the earth; for I am God, and there is none else.
—Isa. 45:22.



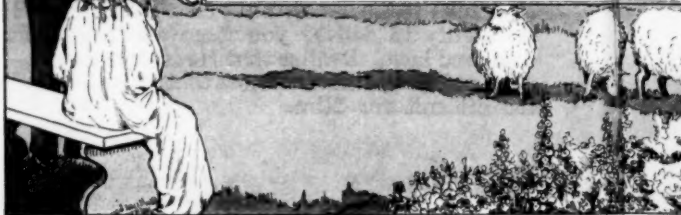
My Friend,

"They heard the voice of Jehovah Go
cool of the

Early dawn I walked with leisure in the
From all heated thought and trouble, the
Then quite near me came the Gardener,
And it seemed the world in motion pause

In the quiet of the garden, in the stillness
Here He lifted drooping branches, there
Next He led me by still waters to the s
I—like roses and their fellows—felt m

Then the Gardener whispered to me that
Of His garden right within me: 'tis the
That I'd always find Him waiting there
That I'd find Him by still waters, walki



Friend, the Gardener

Jehovah God walking in the garden in the cool of the day."

in the garden's cool and peace;
there, there alone I found surcease;
Gardener, calm and cool, at morning's break,
I paused, a breath of peace to take.

the stillness cool and calm,
there He gave His touch of balm;
to the shade where, peaceful, stilled,
I felt myself with coolness filled.

to me that there was a counterpart
in this the garden of my heart,
resting there, when heated thoughts held sway,
I found, walking in the cool, new day.



SATURDAY, JULY 11

*The presence of God, the good, fills
my mind and my world, and I behold a
universe of good.*

WHEN OUR mind is fixed upon evil, by some law of psychology and creation we find evil wherever we look. Our anticipation of evil is rewarded by the vision of it. The evil-minded individual can see evil where others would fail to find it. The one who visualizes good is compensated with good.

If you have any difficulty in seeing good or finding it, turn to the Source of all good. Direct your thought to God within you. Become so conscious of the omnipresence of God, both within and about you, that as a result you become conscious of the everywhere-ness of good. Through thinking in this way you will identify yourself with good thoughts. You will exclude from consciousness thoughts in opposition to God and to good.

Do you know one who always sees the good in others? Would you like to be able to do so? Then you must think good thoughts. You must be charitable, loving, compassionate, generous. You must seek the good and—find it!

Your world is filled with good to the extent that you have filled it with good thoughts. You alone are responsible for its condition.

God saw everything that he had made, and, behold, it was very good.—*Gen. 1:31.*

SUNDAY, JULY 12

*The Spirit of newness within me is
ever a source and inspiration of new
thoughts, new life, new strength.*

MENTAL AND PHYSICAL regeneration comes through our acknowledgment of our inner source of regeneration. By turning our thought to this fountain of newness, we become renewed. We become instilled with new ideas, new ideals, new viewpoints, new ambitions.

Give up every belief that things cause you to be weary, that life is monotonous, or that you are growing old. Give up every crystallized belief.

New life and new strength are your divine inheritance. Let no adverse belief keep you from realizing this truth and laying hold of the renewing power of Spirit. Let no negative thought hinder you from expressing in your physical body the Spirit of new life that is inherent within you.

Begin to look upon your life, your associates, and your environment in a new light. See all things as revealed by this new interpretation of Christianity. Look upon your world as constantly being renewed. It is! Your ever renewing thought introduces you to an ever renewing world. Newness is a conspicuous characteristic of Spirit's work and presence.

Renew a right spirit within me.—*Psalms 51:10.*

MONDAY, JULY 13

Refusing to believe that personal shortcomings comprise my true nature, I behold my innate perfection in Christ.



WE CAN view ourselves from the standpoint of appearances, beholding personal blemishes, shortcomings, and limitations, or else we can look at our true nature and see ourselves as we exist in Spirit and in Truth. If we look for evidences of weakness and disease, we find them. If we look for our spiritual perfection, that is what we find.

We are to think of ourselves always as we exist in Truth. We are to recognize our innate perfection, our life in God, our likeness to Him, our oneness with His perfection and existence. Were we to think of ourselves in some other way, were we to believe that personal shortcomings and defects comprised the truth about us, we should be unfaithful and untrue to Spirit, disloyal to God, whose image and likeness of perfection we are.

Cease to think of personal defects. Cease to consider personal or physical limitations. Begin now to turn your thought and attention to your innate perfection.

Now unto him that is able to guard you from stumbling, and to set you before the presence of his glory without blemish in exceeding joy, . . . be glory, majesty, dominion and power.—*Jude 24.*

TUESDAY, JULY 14

I now know and go the way that Spirit designates for me—the way of peace and success.

HOW SMOOTH our way in life becomes when we learn to go the way of Spirit! When we are guided and directed by Christ within us, our way must be one of harmony, health, and prosperity. Only when we choose to go some other road do we fall into inharmony, disaster, disease, and failure. How essential it is that we know the way of Truth, love, peace, and plenty, and go that way!

How do you find this way? How can we distinguish the false from the true, the way of hardship from the way of Spirit? By referring the matter to Christ within us. By getting still, asking, "Is this the way? Is this the step that Spirit wants me to take?"

You will always find that Spirit designates a way for you wherein you will learn more of Spirit. If you need to know more of love and to express it, then your way will be one in which love must be manifested. This process will not be a difficult one for you if you will let Spirit express itself through you. Only when you resist the way of Spirit do you find that your way is fraught with difficulty and hardship.

Jehovah knoweth the way of the righteous.
—*Psalms 1:6.*

WEDNESDAY, JULY 15

By trusting in God and in His power to bring good to pass, I can patiently witness His work in causing all things to work to my highest good.



WHEN WE are impatient, we more or less doubt the ability of God to cope with situations and to cause good to come to pass. We feel as if something would intervene to delay, or interfere with, the work of God. Our impatience betrays our lack of trust in God.

Are you wondering now as to the outcome of some situation? Cease to doubt. Cease to limit your success by imposing any thought limitations upon your affairs. Turn your doubt into faith. Begin to exercise patience by erasing from mind those thoughts which cause you to be restless and impatient.

Are you impatient with other persons? Let them be free to work out their own problems. No longer try to hasten their spiritual development. Let their own indwelling Spirit work with and through them. Set them free from your thought of impatience, delay, or failure.

In Spirit there is neither time nor delay. Your good always will manifest at the proper time. Even now it is coming into expression and visibility.

Let us run with patience the race that is set before us.—*Heb. 12:1.*

THURSDAY, JULY 16

*Love motivates me in all that I do,
and my life is filled with love.*

MAKE LOVE the moving factor in your life, and your very existence will become love-filled. You will give no quarter to hate or fear. You will cease to give thought to any opposite to love. Even as love motivates you in your actions toward others, so will love move them in their dealings with you.

If you are undecided today about your relations with others, ask yourself, "What is the loving thing to do?" Rise above selfish motives and be ruled by unselfish love. Be guided by love in what you do. Let the love of God in you express itself in love toward those about you.

Love has power to heal, to restore, and to regenerate. There is magic in love. It works often in mysterious ways, but always its purpose is to bless its object. Love is never back of inharmony, chaos, disease, and lack. Only the lack of love can bring adversity. Only God as love can bring peace, comfort, health, and plenty.

Abiding in the consciousness of love, we go forth always ready to do the bidding of love, always willing to let love be expressed in us.

The Lord make you to increase and abound in love one toward another, and toward all men.—*I Thess. 3:12.*

FRIDAY, JULY 17

I rise out of all limited beliefs into the consciousness that Christ in me can do all things.

YOU HAVE the power to rise out of any limitation placed upon yourself and to ascend into that high consciousness in which you can do all that you want to do. In Truth there are no restrictions upon your ability. Christ in you is mighty to do all things. When you are guided by the Spirit of Christ and do its bidding, you have the power of Spirit. What more can you want?

What is the limited belief with which you are mesmerizing yourself? Where did its power come from? Whence did you get the idea that it has power to limit and to bind you? Certainly not from Truth. You have power through Christ to rise out of all limited beliefs. You have power to do all that Christ bids you do.

When you ascend to spiritual consciousness you break all bondage, you give up all belief that you are limited in any wise. The purpose of spiritual consciousness is to give you power to free and to heal yourself! It is God's gift to humanity, His means of revealing to you that in His world you have no limitations. In His sight you have always had power to do all things.

I ascend unto my Father.—John 20:17.

SATURDAY, JULY 18

The justice of God now rules my mind, and I think thoughts of justice at all times.



WHEN JUSTICE rules our mind we think of our affairs as being ruled by justice, and, also, we in turn deal justly with those about us. The consciousness of justice wipes out all belief in injustice. No thought of injustice can lurk in our mind when we knew that God as justice rules supreme in our life.

Have you been entertaining the thought that some one is unjust to you, that this one's injustice has interfered with your success? Reverse the thought right now. Think justice instead of injustice. See your affairs managed by the Spirit of justice. Behold divine justice working at all times and under all circumstances.

Never think of injustice as personal. Do not think of persons as bringing about injustice in your life. Know that only the belief in injustice can cause it to appear. Only the consciousness of justice can cause justice to be established in your life and affairs.

When we abide in the realization of perfect justice, justice alone can appear in our life.

What doth Jehovah require of thee, but to do justly, and to love kindness, and to walk humbly with thy God?—*Micah 6:8.*

SUNDAY, JULY 19

*The light of God now dawning upon
my consciousness is the source of my
intelligence, inspiration, and revelation.*



WITHIN MAN burns the light of God. This is the source of his wisdom. Through this light comes his ability to know all that he needs to know. The solution of all his problems is revealed when he looks at them through the light of indwelling Spirit.

Man should never think of himself as ignorant or as lacking in wisdom to any extent. He should not allow himself to become entangled in adverse situations caused by lack of understanding. His light is always with him, right within him. All that he needs to know will be revealed by this light, the presence of God.

The wisdom of Spirit inspires him to do great things, and then the power of Spirit helps him to succeed. Without this light he would be left in a strange world without any means of going safely through life. It would be a strange father, indeed, who would create his child and then leave him without means of getting along life's highway.

Turn within yourself, get very still, and let Spirit within you reveal to you whatever you need to know.

Jehovah is my light and my salvation.—*Psalms*
27:1.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

July 20 to August 19

ILLUMINATION

*"Thy word is a lamp unto my feet,
And light unto my path."*

HEALTH

*By the power of Thy Spirit I am
strengthened and healed.*

PROSPERITY

*Thy unfailing bounty fills my mind
and overflows into all my affairs.*

MONDAY, JULY 20

I give up all thought of weakness and disease, and I accept the truth that God in me is my strength and health.



EXCHANGE the thought of disease for one of health. Cease to look upon yourself as given to weakness or disease. In the sight of God you were created in the image and likeness of strength and health! In His sight, you always were, are now, and always will be strong and well.

Give up every idea that would limit your health. Clear from mind every belief that would cause disease to appear in your physical body. Begin now to know Truth and to accept it. Accept the health of God, your health!

God's presence within you is life and health. He animates your body—His temple!—with His vitalizing presence. There is no room within it for weakness and disease. Health is your divine birthright. Health is God's will for you. Health must be expressed in you and through you in order for you to glorify God.

The healing power of God is now upon you. It is cleansing, vitalizing, strengthening, and regenerating you. Health is now being established in you. Your health now appears, and you are healthy in every part.

Behold, I will bring it health and cure, and I will cure them; and I will reveal unto them abundance of peace and truth.—*Jer. 33:6.*

TUESDAY, JULY 21

*I refuse to think of myself as a failure.
I know that right now God in the midst
of me is quickening me to prosperity
and success.*

PROSPERITY comes to us when we accept it as our divine birthright. We cease to think of lack as our portion in life. We no longer think of ourselves as failures. We know that it is God's will that we be prosperous and successful.

The person who succeeds is one who does not think of himself as limited in finance or in opportunity. He is always alert to let God's will be expressed in him. He is always ready to receive ideas through the consciousness of prosperity and to put these into operation.

We succeed to the extent that we let Spirit within us work through us. Its success becomes our success. If Spirit fails to find us open channels, then we appear to fail. If the ideas of prosperity that Spirit gives us are put to work, then we become prosperous.

The quickening power of Spirit spurs us on to prosperity and success. If this power is misunderstood, a person becomes worldly ambitious. If it is rightly used, he prospers and succeeds to the glory of God.

Beloved, I pray that in all things thou mayest prosper and be in health, even as thy soul prospereth.—III John 2.

WEDNESDAY, JULY 22

The truth of Christ, the truth of my perfection and oneness with Him, is now uppermost in my mind and I am free from all false belief.

IN OUR overcoming we go through the experience of clearing from mind all false beliefs that interfere with the full expression of Truth, in order that Christ as Truth may manifest fully in us. We find that our redemption from the woes of the flesh and the cares of the world lies in our ridding our mind of thoughts of sin, evil, and disease, and in our substituting thoughts of Truth and of Spirit. Truth, then, when rightly understood, identifies us with Christ, since it lifts us to that consciousness in which Christ can be appreciated or understood by us.

Truth, operating in consciousness, relieves us from falsehood. Race beliefs not based upon Truth drop from our consciousness when Truth is there enthroned. Christ brought Truth to mankind that men might be free from error. When we accept Truth in its fullness, we accept Christ, we learn our relation to Him.

All our adverse experiences come through our failure to know Truth and to use it. Our blessings come through our knowledge of Truth and our realizing our oneness with Christ.

His truth is a shield and a buckler.—*Psalms 91:4.*

THURSDAY, JULY 23

All confusion and disorder in my life now disappear, because the Spirit of order puts my mind and my affairs in divine order.

WE NATURALLY think of disorder as coming through disorderly thinking. Usually the individual wanting to put his affairs in order recognizes the necessity of thinking clearly. He instinctively feels that he must put his thoughts in order. If he is a student of practical Christianity, he takes the Christ mind as his pattern of orderliness.

We think of heaven as ruled by divine order, and of all things heavenly as operating together in a most orderly manner. With this in mind, we seek to have our mind, life, and affairs express heavenly order. We find that, as we meditate upon heavenly truths, our mind becomes identified with the order of Divine Mind.

Quietness helps us to think in orderly fashion. The practice of the silence helps a person to get his thoughts in order. He should seek so to come out of the silence as to carry its inspiration and message into his life and affairs. He should make the lesson of order practical by expressing in his profession or business that order which he has perceived in the higher realms of mind.

Temperate, sober-minded, orderly.—*I Tim. 3:2.*

FRIDAY, JULY 24

In the quietness and stillness of the presence of God within and about me, I am free from all irritation and disturbance. In God, I am perfectly quiet.

LET US FREE ourselves from all sense of disturbance by turning to the quietness of God. In His world, there is no sense of irritation. There is no noise, confusion, disturbance, or jangle in the consciousness of God's holy presence. Abiding there, we sense His quiet and His stillness.

You can become still even in the midst of great crowds and where noise seems to be paramount. Nothing in all the world can keep you from communing with your own indwelling Lord. No noise is of sufficient strength or importance to keep you from dismissing it from mind and placing your thought upon God within you.

When you become mentally still, free from disturbing thought, you sense a quietness akin to that of heaven. Eventually this stillness is felt in your body, and you have a sense of physical peace and quietness. Your muscles and nerves relax, and you absorb a blessing and a strength that are divine.

Abiding in the presence of God, you become impregnated with the power of stillness. In the quietness of His presence you feel His might.

Be silent, all flesh, before Jehovah.—*Zech. 2:13.*

SATURDAY, JULY 25

Christ within me is always compassionate and forgiving.

RECOGNIZING the truth of today's affirmation, we feel the power of Christ within us to forgive ourselves and others. We know that through Christ we are relieved of all self-condemnation, all sense of shortcoming. We know that the Christ in us greets the Christ in all others, and that we entertain no thought of condemnation about them.

By this lesson we see that forgiveness comes through our recognition of the Christ within us and through our willingness to stand aside personally and let His work be done. The personal nature must yield its personal claims in order that Christ may be glorified.

Forgiveness depends on our readiness to yield the offending thought and to let the forgiveness of Christ replace it.

We have no right to the claim that we are justified in holding others to the thought of their misdeeds. Christ in us appeals to us to release all these from limiting beliefs. In Christ, these are forgiven. His love, compassion, and forgiveness are ever poured out upon them.

And now, we pray thee, forgive the transgression of the servants of the God of thy father.—*Gen. 50:17.*

SUNDAY, JULY 26

*I am not burdened by the past,
neither am I concerned about the fu-
ture. I live in the present moment,
the glorious now.*

IN SPIRIT and in Truth there is only one time—the present moment. All other time is that which man computes in the sense of relativity. The only true time is the timeless time of Spirit, in which there is no age, no delay, neither yesterday nor tomorrow.


To understand the truth about time is to free ourselves from the belief that our good can be delayed in manifesting. Those who find that their demonstrations are not made should free themselves from the belief in time, and especially from the thought that many processes are necessary in order that certain requirements for the future may be fulfilled.

You will free yourself from a great deal of worry when you learn to take the right viewpoint of time. If your thought is given to mistakes of the past or to regrets and remorse, if you spend much time in anticipating events of the future, you will lose much of the pleasure to be gained by living in the now. Those who live in the present moment are so busy enjoying its blessings that they can give no thought to yesterday or to the future.

Come; for all things are now ready.—*Luke 14:17.*

MONDAY, JULY 27

In the presence of God there is no tension. In His presence I am thoroughly relaxed.

OD'S PRESENCE is within and about us as the presence of peace, harmony, love, and refreshment. Living in the consciousness of this presence, we are free from all tension and strain. We are mentally and physically relaxed. We are at one with that which soothes and refreshes us.

Do you ever have the experience of feeling that you are mentally pushing on the reins? Do you ever feel that you are personally trying to force God to hurry? Do you have a subconscious fear of persons or of things? Then give today's lesson a most careful attention. Within these short instructions lies your deliverance.

In God there can be no tension, no fear, no worry, no anxiety. In His presence we are at peace with Him, with ourselves, and with all the world. In Him we know that in Truth no person or thing can harm us or make us irritable. Nothing can make us tense when we realize that He is in us, always with us, and that we are ever existing in Him. This truth points the way to perfect relaxation.

He that dwelleth in the secret place of the Most
High
Shall abide under the shadow of the Almighty.

—Psalms 91:1.

TUESDAY, JULY 28

The power of God now expressed in me through my superconsciousness is sufficient power to meet all my human needs.

THROUGH the higher realms of mind and of Spirit we contact spiritual power, the might of Infinite Being within us. By this power we can think the deeper thoughts of God and can bring His blessings for us into manifestation. We can heal ourselves of disease and poverty. We can cause that within us which is of God to come forth, to His glory.

If you are given to thinking of so-called powers of evil, powers of the world, reverse your thinking. Know that in Truth there is only the power of Truth, love, and good. Know that your beliefs in adverse powers are but perverse views of Truth.

Within you is the seat of all power. When you cease to think of external things as having power, you are in position to direct your thought to that innermost part of your being where Spirit dwells. You are ready to tap the wellspring of power. When you do so, you find that the power of peace, love, and health expresses through you.

Give up your thinking of evil as having power, and know that God alone is all-powerful.

He giveth power to the faint.—*Isa. 40:29.*

WEDNESDAY, JULY 29

I am zealous, responsive, and enthusiastic, because the zeal of Spirit within me stirs me to action.



AS WE BECOME stirred with the zeal of Spirit within us, we are moved to activity both in mind and in body. The zeal of Spirit makes us zealous in carrying out the promptings of Spirit. We are freed from all indifference and lassitude. We become alive and alert.

Are you not especially interested in alert, zealous, and responsive people? Do you not feel your own zeal quickened when you sense their enthusiasm? Do you not feel just a little closer to them, and a firmer believer in the great brotherhood of man, when you find them alert to your thought, quick to respond, and zealous to act?

We feel just a little nearer to God when we are charged with the enthusiasm and zeal of Spirit. We feel more thoroughly alive, more akin to the deeper forces of Spirit. In order to feel this quickening presence of God in us, we must turn out of mind every thought that would make us sluggish in action, slow in performance.

The zeal of Spirit fills us at all times, and we need but direct our attention to it in order to claim it as our own.

Be zealous therefore.—*Rev. 3:19.*

THURSDAY, JULY 30

I do not look to the future or to some distant place for heaven. I know that it is here and now manifest.

EARLY TEACHINGS impressed upon us the belief that heaven was located both in the future and at a distance. The place was supposed to be reached only through death—possibly through accident and disease! Tradition inshrined it as a place of golden streets, of milk and honey, of harps and trumpets. Today, knowing Truth, we see that this was but a mental picture of lavish materiality, of wealth in material things. The new interpretation reveals heaven to us as a condition of wealth of spiritual things: peace, love, life, and joy. Since these are primarily mental, we know that heaven must first be found in the higher realms of mind.

Every one has a foretaste of heaven. His sense of peace and joy reveals to him something of the measure of heaven. Since his thoughts are but a part of his inner life, he must find within himself the consciousness of heaven. As this is revealed to him, he begins to find it both within and about him. He finds that his environment becomes like the inner revelation. He discovers that his world takes on the character of his spiritual consciousness.

The Kingdom of God is . . . righteousness and peace and joy in the Holy Spirit.—*Rom. 14:17.*

FRIDAY, JULY 31

*The Spirit of Christ within me now
sings its song of praise, and my every
thought and act is blessed.*

IN OUR CONSCIOUSNESS of Spirit's praise, we find that all that we think and do is approved. We see that deep within us Spirit chants its song of praise. There is something within us that is happy and joyful when we are doing Spirit's bidding.

If you would free yourself from any thought of self-condemnation, turn from the habit of taking a personal view of yourself, of your seeming failures and shortcomings, and seek to see your spiritual self. Try to see your innate perfection, which God always sees. Try to find within you that which Spirit approves of and praises.

You will find it easy to get into the consciousness of praise if you are generous in praising others. You will discover that praise, after all, comes very easy—it is easy for Spirit to praise you, and easy for you to praise others, in turn. We feel a warm, tingling, velvety feeling within us when we know that God is approving of what we think and do. The voice of conscience within us assures us that we are doing right.

Then shall each man have his praise from God.
—1 Cor. 4:5.

"I Have a Rich Father"

A TRUE incident is related of a woman who found it necessary to procure a certain sum of money at a stated time. She did not at the moment have a dollar in her purse, but she had faith that her need would be met. She said: "I have a rich Father, who supplies my every demand, as soon as I make it known to Him." Her faith was rewarded.

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